

# Breakfast (8:00am - 11:00am)

<b>Captains Full English</b> - choice of eggs, bacon, sausage, mushrooms, grilled tomato, sauté potatoes, black pudding, baked beans with brown or white toast	<b>£11</b>
<b>Eggs Benedict</b> - with Dorset ham	<b>£7.50</b>
<b>Eggs Royale</b> - with Loch Fyne smoked salmon	<b>£8.50</b>
<b>Eggs Florentine</b> – with spinach	<b>£7</b>
<b>Club Omelette</b> – cheese, ham or mushroom	<b>£7</b>
<b>Omelette Arnold Bennett</b> - smoked haddock, béchamel, parmesan	<b>£10</b>
<b>Boiled Eggs</b> - with soldiers	<b>£5</b>
<b>Grilled Smoked haddock</b> - with poached eggs	<b>£8</b>
<b>Salmon Bagel</b> - scrambled egg, Loch Fyne smoked salmon, on a toasted bagel	<b>£10</b>
<b>Breakfast Roll</b> - sausage, bacon & fried egg on a soft brioche roll	<b>£8</b>
<b>Crushed Avocado</b> - with poached eggs on wholemeal toast	<b>£7</b>
<b>Porridge</b> - with apple & sultana compote	<b>£5</b>
<b>Eggs On Toast</b> - scrambled or poached served on brown or white toast	<b>£6</b>
<b>Waffles</b> - with crème fraiche, fresh berries & maple syrup	<b>£6/£9</b> <small>small/large</small>
<b>Rack of Toast</b> - mixed, white or brown with selection of preserves	<b>£4</b>

## **Anti - Oxidant** £7.50

*Freshly blended whole vegetable & fruit juice served on crushed ice*

Beetroot, apple, fresh lemon & ginger - how can you resist this health kick that will help prevent an array of problems & leave your body feeling at peace.

# Tea

We offer 100% natural, whole leaf teas & herbal infusions. Taste, quality & simplicity are what it's all about. From the crisp fresh taste of our peppermint to the gentle taste of our green tea, it's all here for you to try, just real clean tastes.

£2.90

## Mayfair English Breakfast

A blend of organic teas from Sri Lanka, China & Tanzania with safflower petals

## Russian Earl Grey

Luxury black tea, dried orange peel, cornflower petals & lemongrass

## Peppermint Willamette

Pungent organic tea with cool & fresh menthol finish

## Camomile

Aromatic Egyptian flowers with a fruity flavour

## Lemon & Ginger

Rooibos with lemongrass, pineapple & lime flavour with tingling ginger finish

## Cranberry & Apple

Natural dried fruit with hibiscus & rosehip petals

## Organic Assam

Luxury, malty black tea with a light peppermint taste

## Japan Sencha

Premium green tea

## Jasmine With Flowers

Green tea with surprising body & captivating floral character

## Lapsang Suchong

Smooth & crisp black tea with remarkable aromas of pine & oak wood

## Cake of the Day

£3.50

# Coffee

	Small	Large
Espresso	£2.00	£2.80
Macchiato	£2.20	-
Americano	£2.50	£3.20
Flat White	£2.90	-
White	£2.90	£3.80
Cappuccino	£2.90	£3.80
Latte	-	£3.80
Mocha	-	£3.80
Floater	-	£3.80
Coffee Pot	£3.80	£6.00
Affogato - Espresso poured over ice cream	-	£4.00
Add Extra Shot of Coffee	£0.50	
Hot Chocolate	Junior	Standard
Ultimate hot chocolate	£2.60	£3.80
Standard hot chocolate	£2.10	£3.40

## Add Syrup for £0.50

- Caramel
- Cinnamon
- Vanilla
- Gingerbread
- Hazelnut

Our coffee is responsibly grown; it's certified by the UTZ Kapeh Foundation, supporting sustainability & the well-being of coffee producers & their families.

100% Arabica beans from farms in Brazil, Costa Rica and Colombia